

IMPORTANCE OF MEDHYA RASAYANA DRAVYA IN RASAYANA THERAPY

Lokendra Rawat¹, Sunita D Ram², Amit Mishra³, Rinku Chouhan⁴

¹P.G. Scholar, Department of Dravyaguna Vigyan, ²Reader, Department of Dravyaguna Vigyan Govt. (Auto.) Dhanwantari Ayurvedic College and Hospital Ujjain, Madhya Pradesh, India

³P.G. Scholar, Department of Rasashastra and Bhaishajya Kalpana, NIA Jaipur.

⁴P.G. Scholar, Department of Swasthavritta, AIIA New Delhi.

Email: lokendrarawat546@gmail.com

ABSTRACT

Background - *Rasayana Tantra* is one of the eight major divisions of *Astanga Ayurveda*. *Rasayana* therapy has been described in *Ayurveda* as a systematic and scientific medical discipline. *MedhyaRasayana* drugs are those medicines which are capable of imparting superior *Rasas* and *Dhatus* to the body and toning up the system of healthy persons. These activities are included in *Acharya Rasayana*. *Ayurveda* strongly emphasizes prevention, promotion, cure and rehabilitation. Several *Medhya Rasayana* drugs mentioned in *Ayurveda* have multi-dimensional actions having influence on memory. They not only enhance the intellectual capacity but also rejuvenate the whole system and their pathways. **Aim and Objective** - To assess the efficacy of the *MedhyaRasayanaDravya* in *Rasayana* therapy. **Material and Methods** - Facts for this study was obtained out by literature search and critical review. The study of various *Ayurvedic* texts were made critically and an effort is made to understand the complete *Raspanchaka* and other properties of *MedhyaRasayana*. **Discussion and Results** - After taking *Rasayana* we can learn how to maintain a balance between the mental and spiritual aspects of life and help others also to understand it. This will help in establishing the peace, happiness and love. **Conclusion** - *MedhyaRasayanaDravya* is very useful in different aspects of healthy person and preventing Different disease.

Keywords: *Rasayana, MedhyaRasayana (Mandukaparni, Yastimadhu, Guduchi, Sankhpuspi)*

INTRODUCTION

The desire for long life in civilization has been since Vedic times, hence the search and conception of its various modes of operation. These were not only used on basis of need like in the form of therapeutic interventions, but also some of them were integrated into the lifestyle in the form of routine activities. Nowadays, its use becomes more important due to

stressful and hectic life. It reduces stress, calms the mind and improves the skills of rational thinking and reasoning. In addition, it helps to reduce forgetfulness by boosting memory and improving retention span. The current estimate of 7.7 million new cases per year is an important benchmark, globally and regionally, particularly given the relatively low levels of

heterogeneity between studies. These facts have urged to look towards traditional health systems like *Ayurveda* (the Indian system of medicine) to reinvent the possibilities of healthy ageing and better quality of life for elderly. *Ayurveda* emphasises on healthy living through *ahara* (diet) and *charya* (regimen) based on *dinacharya* (daily requirement of the body) as well as to suit the *ritu* (seasonal variations). Periodical *shodhana* (cleansing), use of *rasayana* (rejuvenation) therapy go a long way in delaying the complications of ageing and deficits associated with it. *Rasayana* comprise of therapeutic procedures or preparation that on regular practice will boost nourishment, health, memory, intellect, immunity and hence longevity.

Rasayana preparations include single herbs in various medicinal forms and poly herbal combinations specifically aimed to target general health and specific body tissues or attributes. Thus, they could be *ayushkameeya* (to boost general health and longevity) *rasayana*, *vayasthapana* (anti-aging), *medhya* (nootropic or intellect boosters) *rasayana*, *vyadhipratyaneeka* (disease specific) *rasayana*.

Aim and Objectives

An attempt has been made to look into the memory primitive aspect of *Medhya Rasayana* drugs, their method, mode and time of administration; utility, mode of action and modern researches on some *Medhya* drugs. Method of administration According to *Acharya Charaka*, *Medhya Rasayana* can be administered in the way of *Vatatapika Rasayana* (rejuvenation therapy having no restrictions) and as per *Acharya Susruta*; *Kutipravesika Rasayana* (rejuvenation therapy involving specific rules) procedure is followed.

Mode of Administration

Purva karma (Pre-operative procedure) – *Koshtashuddhi* before the administration is essential like that of another *Ramayana*'s. *Pradhana karma* (Operative procedure) – Different forms of *Medhya* drugs are explained such as *Svarasa* (juice), *Kalka* (paste) etc. Similarly, the dose, duration and adjuvant will also vary depending upon the specific *yoga*

(formulation). Ex: *Shveta Avalgujadi Rasayana* is taken along with *Ushnajala* (Lukewarm water) for 6 months whereas *Vacha Rasayana* is administered with *Goksheera* for 48 days.

Paschatkarma (Post-operative procedure) – After the digestion of *Medhya Rasayana Pathyapathya* (do's and don'ts) should be followed. *Shashtikashali* (A variety of rice) with *Ghritha* (Cow's ghee) and *Ksheera* (milk) is the *Pathya* (wholesome) mentioned for many of the formulation

Time of administration: Early morning before food is the ideal time for the administration of *Medhya Rasayana*.

Utility of Medhya Rasayana

Medhya Rasayana has a specific purpose of benefitting *Medha* in particular and they do not have broad spectrum of action like other *Rasayanas*. As per *Acharya Susruta*, the benefits derived from *Medhya Rasayana* and their applied aspects are enlisted below.

1. *ShrutaNigadi* (Power of retention of scriptures)
2. *Smrutiman* (Endowed with good memory)
3. *Medhavi* (Becomes genius)
4. *Grantham Ipsitamutpadayati* (Develops enthusiasm to read the scriptures)
5. *Nastam cha Pradurbhavati* (Power to recollect the forgotten)
6. *Dvirucchaaritamshatamapiavadharayati* (Capable of retaining 100 words spoken only twice)
7. *Moorthimatischaenamvagdevyanupravishtiyati* (Goddess of speech enters one's body)
8. *Sarvaischaenamshrutayaupatishtanti* (All the srutis (Vedas and other scriptures) remain within)
9. *Shrutadharayapanchavarshashatayurbhavati* (Power of remembering the scriptures and a life of 500 years)
10. *Shrotramvivriyate* (Endowed with good hearing capacity)
11. *Dvirabhyasatmrutimanbhavati* (Endowed with good memory)
12. *Trirabhyasatshrutamadatte* (Retains the scriptures in one's mind)
13. *Sarvamtaratikilvisham* (Gets rid of all blemishes)

Medhya Rasayana

Medhya Rasayana (Intellectual rejuvenator) is a class of *Rasayana* (rejuvenator) drugs that especially act on *Medha* (intellect) to promote its function to the optimum level. And the word *Medhya* means that which is beneficial to *Medha* (*Medyahitammedhyam*), produces or improves *Medha* (intellect) in its absence or its deficiency and is purifying⁴. *Medhya Rasayana* (Intellectual

rejuvenator) are the fresh juice of *Mandukaparni* leaves, powder of *Yastimadhu* root & stolon along with milk, extract of *Guduchi* stem and paste of the whole plant of *Sankhpuspi* as mentioned by *Acharya Charaka*. They all bestow upon its user longevity, removal of diseases, improve strength, proper metabolic functions, healthy complexion, voice and intellectual functions, especially *Sankhpuspi*.

Drug	Family	Scientific Name	Part used
<i>Mandukaparni</i>	<i>Umbelliferae</i>	<i>Centella asiatica</i> linn.	<i>Panchang</i>
<i>Yasthimadhu</i>	<i>Fabaceae</i>	<i>Glycyrrhiza glabra</i> linn.	Root, stolon
<i>Guduchi</i>	<i>Menispermaceae</i>	<i>Tinosporacordifoliya</i> (wild) Miers	Stem
<i>Shankhpuspi</i>	<i>Convolvulaceae</i>	<i>Convolvulus pluricaulis</i> Chois	<i>Panchang</i>

Rasapanchak of Medhya Rasayana

Drug	Rasa	Guna	Virya	Vipak	Prabhav
<i>Mandukaparni</i>	<i>Tikta</i>	<i>Laghu</i>	<i>Shita</i>	<i>Madhura</i>	<i>Medhya</i>
<i>Yasthimadhu</i>	<i>Madhura</i>	<i>Guru, Snigdga</i>	<i>Shita</i>	<i>Madhura</i>	<i>Medhya</i>
<i>Guduchi</i>	<i>Tikta, Kasaya</i>	<i>Guru Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Medhya</i>
<i>Shankhpuspi</i>	<i>Tikta</i>	<i>Snigdha, Picchil</i>	<i>Shita</i>	<i>Madhura</i>	<i>Medhya</i>

DISCUSSION

Concept of *Medha* (Intellect) The part of *Dhi* (Power of acquisition) which retains, understands, comprehends information is called as *Medha* (intellect). Since *Dalhana* defines it as the subtle part of *Buddhi* (Mind) that contains the things heard⁹ as well as an intellectual capacity to comprehend or retain books that are read, we can also infer that in the context of medical text *Buddhi* (Mind) is synonymous to only *Dhi* (Power of acquisition) unlike in Sanskrit lexicons where it is synonymous to *Chinta* (Mind), *Chetana* (Consciousness), *Prajna* (Intelligence). Concept of *Dhi* (Power of acquisition) *Dhi* (Power of acquisition) is synonymous with *Buddhi* (mind). *Buddhi* (mind) has been defined by as that faculty which judges good & bad and controls our activities (physical and mental). A good functional *Buddhi* (mind) is a function of *prakrata Kapha*, a sign of good *Twak* (skin) & *Satvasara* in any person and seen as a personality trait of a *Pitta & Kapha Prakriti* (body constituent) person. Its impairment is characterized by confusing permanent things with temporary things,

temporary things with permanent things, beneficial things with harmful things and harmful things with beneficial things. Its health or normal functioning is recognized as the ability to view things as they are with no room for impaired judgement¹⁸. *Pradhanajanya karma* (special action) i.e. Action exerted due to the combination of *Panchamahabhoota* (five basic elements) in a way very unique to the specific *Dravya* only and not seen in others with similar *Rasa* (taste), *Guna* (property), *Virya* (potency) & *Vipaka* (end metabolism)

Mode of action Medhya Rasayana: *Pradhanajanya karma* (special action) i.e. Action exerted due to the combination of *Panchamahabhoota* (five basic elements) in a way very unique to the specific *Dravya* only and not seen in others with similar *Rasa* (taste), *Guna* (property), *Virya* (potency) & *Vipaka* (end metabolism)

Since *Medhya Rasayana* act at different levels that is at the level of Since *Dhatu*, act by stimulating and improving the function of *Agni*, improve circulation of *Rasa*, by opening and cleaning the micro channel

and acting at minute level along with improving health condition of both body and mind upholds the *Medhya*, thus does act in improving *Medhya* function.

CONCLUSION

Therefore, we can conclude that the *Medhya* action of *Medhya Dravya* like *Mandukaparni* (*Centellaasiatica*), *Yastimadhu* (*Glycyrrhiza glabra*), *Guduchi* (*Tinosporacordifolia*) and *Sankhpuspi* (*Convolvuluspluricaulis*) are ascribed to its *Prabhava* (special action) and unexplainable to the virtues of its *Rasa* (taste), *Guna* (property), *Virya* (potency) & *Vipaka* (end metabolism).

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